



Wash away — Daniel Simmons, a contractor with Empire Aircraft Wash Services, scrubs the side of a C-17 here July 5. There are four stages to the washing. First, a 7-man team tows in the aircraft, a 4-man team then preps the aircraft for the 8-man air washer team, and finally, a 3-man team lubricates the required parts. Mr. Simmons is on the air wash team. C-17s are on a 60-day wash cycle, with each wash taking 12 to 14 hours.

Photo by Airman 1st Class Rachel Martinez

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Weekend Weather

Saturday

Partly cloudy
High: 85° Low: 65°



Sunday

Partly cloudy
High: 88° Low: 65°



Healthy Airmen make mission succeed

Team McGuire is as busy as it's ever been. We currently have nearly 500 people deployed around the world supporting the Global War on Terrorism. Meanwhile at home, we have to maintain a hectic pace despite the fact that we have less people available to support our mission.

Without a break, these long, stressful hours can weigh on us, both mentally and physically. It's times like these when we need most to break away from the office to hit the gym.

Not only are we, as military members, required to maintain a certain level of fitness, but also numerous studies have shown how our time spent exercising can help us relieve tension, increase the amount of energy we have and improve our overall well-being.

Fortunately, Team McGuire members have one of the best facilities in the Air Force to help them in their pursuit of physical activity. The McGuire Fitness and Sports Center offers state-of-the-art equipment, two gymnasiums, three racquetball courts, an outdoor rubberized track, and a skilled staff to help you meet your fitness goals.

The center's intramural sports program offers Team McGuire members yet another avenue to increase their physical activity through the largest program of its kind in Air Mobility Command. Offering 11 sports and more than 20 fitness events annually, just about everyone on base can find a way to get involved in the base's intramural sports program. In fact, wallyball, flag football, cross country and volleyball signups are currently underway.

Collocated with the fitness center is the Health and Wellness Center. The professionals at the HAWC offer classes in topics ranging from weight loss and proper nutrition to tobacco session and injury prevention. Additionally, the staff offers personal fitness assessments or you can ask them to bring the classroom to your office with their worksite wellness program.

I truly appreciate the hard work and dedication each of you show every day, but as much as I need you on the flight line or in your offices, I need you healthy as well. Take time to take care of yourself. It's one of the best things you can do to help us meet our mission.

— Brig. Gen. JJ Jackson
305th Air Mobility Wing commander



Photo by Scott Spitzer

A mover and a shaker — Brig. Gen., then Colonel, JJ Jackson, 305th Air Mobility Wing commander, greets Master Sgt. Terry Enterkine, 305th Civil Engineer Squadron assistant chief of training. The commander thanked Sergeant Enterkine and his staff for their great work and "Can Do" attitudes.

Did you know?

On this day, 60 years ago, humanity entered the atomic age with the successful explosion of an atomic bomb at White Sands, NM.

In 1971 President Richard Nixon announced he would travel to China on a "Journey of Peace." In May 1972, McGuire's C-141 and mission personnel supported the trip.

Action Line

The Action Line is an integral part of the base feedback network. Use the chain of command to address your concerns first.

If you're unable to resolve the problem, call the Action Line at 754-3247 or send an e-mail to action.line@mcguire.af.mil. Leave your name and number when you call in case we need more information from you to address your concern.

Airtides

Best Small Paper in AMC in 2003

Printed On Recycled Paper Vol. 56, No. 28

Published by the Burlington County Times, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 305th Air Mobility Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. services. Contents of the Airtides are not necessarily the official view of, or endorsed by the U.S. Government, Department of Defense, or the Air Force.

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Address and Numbers

Phone: (609) 754-3950
Fax: (609) 754-2154
Mail to: 305th AMW/PA
2901 Falcon Lane
McGuire AFB, N.J. 08641
E-mail to: Airtides@mcguire.af.mil

Deadline

The deadline for editorial submissions is 4:30 p.m. Thursday a week before publication. No submissions are guaranteed to print. All photos are U.S. Air Force photos unless otherwise indicated. All articles should be provided electronically via e-mail or disk.

Editorial and Visual Information Services Staff

305th AMW Commander
Brig. Gen. JJ Jackson

Acting Chief, Public Affairs
1st Lt. Erick Saks

NCOIC, Internal Information
Tech. Sgt. Dwayne Gordon

Editor
Senior Airman Kelly White

Public Affairs Specialist
Senior Airman Ashley DiFalco

Public Affairs Specialist
Airman 1st Class Dilia DeGrego

Public Affairs Specialist
Airman 1st Class Rachel Martinez

Public Affairs intern
Sarah Webster

Photo support provided by the McGuire Air Force Base Multimedia Center

Enforcing standards

Being effective means not being a part of problem

By Master Sgt. Michael Blair
305th Operations Support Squadron

I'm a new first sergeant at McGuire, but have already noticed several things that are not being corrected, such as; improper wear of the uniform and unauthorized items being worn in uniform.

It's the duty of every member in the Air Force to comply with Air Force Instructions. Just because no one else is enforcing standards doesn't mean that's the proper course of action. noncommissioned officers are expected to set the example and enforce standards and the core values of the Air Force.

Many NCO's in today's high tempo environment are hesitant to correct violations when they see them.

Some NCO's just don't want the hassle or have people get mad at them, or dislike them. These people forget they are paid by the Air Force to be supervisors and mentors 24 hours a day.

So ask yourself some basic questions. Do you lead the way? Do you set the proper example? Are you a good NCO, or are you part of the problem? Do you volunteer to support your base, wing or squadron? Do you volunteer off-duty time or only if you can get out of work early? Do you follow standards and insist your subordinates do likewise?

If you see a senior airman walking in the local convenience store without a hat, a good NCO would wait for him or her to come out to correct him. As supervisors you need to hold your subordinates accountable for their actions.

NCO's have a duty to the Air Force and their squadron to make sure subordinates comply with policies and regulations.

This includes participating in the squadron physical training program, wearing the uniform properly on and off duty — on and off base, giving feedback to change or reinforce behavior. NCO's must always remember to set a positive example and lead from the front.

Don't be part of the problem, be an effective NCO.

Dingy or dignified *Base appearance reflects McGuire's sense of pride*

Maj. David Scharf
305th Civil Engineer Squadron commander

Most of us wouldn't think of showing up to work in a stained uniform with muddy boots. We have too much pride in our appearance for that. First and foremost, we are all professionals and know that such a sloppy appearance would not meet our standard of "excellence in all we do." Yet many people at McGuire don't think about having the same pride in the appearance of our base as we do of ourselves.

Team McGuire's base appearance is everyone's responsibility; that includes all members; active-duty, Reserve, National Guard, dependents, civilian employees and retirees. We're all part of the picture, so instead of asking ourselves why someone hasn't taken care of this or that, we need to task ourselves to get it done.

Do you contribute to the sense of pride and professionalism we feel when we come through the gates — the pride and professionalism that made the air show such a resounding success?

Here are some simple questions to that effect to ask yourself, with a couple of interesting notes on things you may not be aware of:

1. When the grass near your work center is too long, do you ask your building manager to call 754-3578 to report it? —Five years ago, the Air Force switched to a performance-based system that judges contractors based on customer complaints and feedback. If the contractor is not performing, we need to hear from you.

2. When people approach your building do they see neat, well-maintained flower beds or do they see weeds? — Air Mobility Command cut the list of buildings the grounds maintenance contractor is responsible for weeding down to just a few. This was a cost-saving measure with the justification that building occupants can remove the weeds in flower and shrub beds.

3. Do you maintain the area around your dormitory or military family housing unit? That's your home. Take pride in it. Why wait until Monday

morning and someone else to clean it up?

4. Do you let litter accumulate around your facility? If so, what does this say about your organization?

5. When throwing trash in the dumpster, do you make sure that all of it gets into the dumpster and do you shut the lids? If the lids are missing or the doors non-functional have you asked your building manager to call 754-5476 to get it fixed? —Leaving the lids open and dumping trash in unapproved areas isn't only unsightly. It's a violation of state law.

6. Do you and your organization use the recycling center effectively? Do you throw whatever item you have to get rid of in the dumpster or next to it? — Trash disposal costs are calculated by weight and it actually costs the government more money when we don't use the recycling center — money that could easily be spent on projects to benefit us elsewhere.

7. When you're putting items into or taking items out of your car at the BX or Commissary, do you pick up anything that happens to blow out? — This is especially time consuming and one of the easiest things to change.

8. If you are walking around base or your work center and see litter or trash, do you pick it up? — There isn't an Air Force

Specialty Code for litter or trash pick-up. Currently civil engineering troops devote more than four man-years picking up litter on base. Money and time of skilled craftspeople that could be much better spent making repairs to your facility and home.

9. If you smoke, do all of your cigarette butts end up in an approved butt can or your cars' ashtray? — The pile of butts outside of the 24-hour gate is especially noticeable and the first thing visitors see.

10. If you see vandalism do you report it to security forces? — A walking path in military family housing was recently graffitied and never reported. If left uncorrected, it would only encourage more graffiti and vandalism. A basketball court in family housing no longer has benches because the previous ones were destroyed.

Ask yourself these 10 questions and see if you take pride in your base's appearance as you do in your own, and if not, why not ask yourself what you can do to make things better? Pride is key. If we have pride, everything else comes naturally.

"Do you contribute to the sense of pride and professionalism we feel when we come through the gates — the pride and professionalism that made the air show such a resounding success?"

— Maj. David Scharf
305th Civil Engineer Squadron commander

McGuire receives thirteenth, final C-17

**By Senior Airman
Ashley DiFalco**
Public Affairs Specialist

McGuire received its thirteenth and final C-17

Globemaster III during a ceremony July 6.

The aircraft, P-137, was delivered by Lt. Gen. Walter Buchanan III, 9th Air Force and U.S. Central Command commander, from the Boeing

Plant in Long Beach, Calif., to McGuire. General Buchanan credited the C-17s assigned here and other bases with safely transporting cargo in Iraq while avoiding the threat of roadside bombs.

"I've leaned on you to move the cargo that would have been carried by convoy through the high-threat Sunni Triangle," General Buchanan said. "You made it look easy."

McGuire received the first C-17 in September, with the remaining 12 arriving in intervals since then. The 6th Airlift Squadron will use 12 of the planes for active service and one for backup.

Each C-17 costs \$236.7 million and takes 10 months to assemble. The aircraft is 174 feet long, 55 feet high and can carry 170,900 pounds.

"These aircraft are truly remarkable and give our military a capability never seen in history," said New Jersey Congressman Jim Saxton. "With these airplanes and the dedicated people who fly them, we are able to reach any corner of the world to initiate and sustain necessary national security operations."

McGuire's thirteenth C-17, P-137, is displayed during a final arrival ceremony here July 6.

Photo by Denise Gould



Air Force changes annual fitness test criteria

**By Staff Sgt.
C. Todd Lopez**
Air Force Print News

WASHINGTON — Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and

done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only.

The updated AFI will now direct that body composition also be measured

using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal.

Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

"That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat

distribution is the critical indicator, as opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days.

This will be consistent with the retest time for poor scores, those less than 70.

Changes to the AFI will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic Association," he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit

to Fight program, Dr. Taylor said, because the program has proven successful.

"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fitness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture. "It is about instilling an expectation that makes fitness a daily standard — an essential part of your service."

Dr. Taylor said he hopes the changes to the AFI will be made by late August or early September.

NSPS

Department of Defense encourages civilian employees to take survey

By Tech. Sgt.
Mark Diamond
AMC Public Affairs

SCOTT AIR FORCE BASE, ILL. — Department of Defense officials are encouraging DOD civilian employees to take a new National Security Personnel System Factor Survey.

In a recent memorandum to DOD civilian employees, Acting Deputy Secretary of Defense Gordon England said the survey will help NSPS officials understand specific job requirements and ensure they are accurately represented in the new system.

The survey is available online at <http://pfsurvey.net/nsps> from July 6 to 20.

Responses are strictly confidential and no individual respondent will be identified, and no individual data reported. However, the analyzed results will be made available.

Secretary England said although the survey is voluntary, it is vital to NSPS' success.

"I thank you for your feedback and participation in the NSPS design process thus far, [but] we still need your help," he said.

According to the memorandum, a future survey will address performance factors for federal Wage System employees and others.

NSPS is a new civilian human resources management system designed to help the Defense Department better support its critical national security mission.

A cornerstone of NSPS is a new performance management system that will foster a performance-oriented environment that more fully rewards and recognizes performance and contributions.

421st holds combat CoC

By Senior Airman Ashley DiFalco
Public Affairs Specialist

The 421st Combat Training Squadron at the Air Mobility Warfare Center, held a combat-style change of command ceremony July 7.

The ceremony, which featured an staged terrorist group, played on the combat mission which the 421st CTS thrives.

"Our mission requires us to embrace the expeditionary mindset while providing the best deployment and special skills training," said Lt. Col. Lisa Richter, newly appointed 421st CTS commander. Because of the propensity of 421st Airmen to be in the field, where the expeditionary Air Force finds itself now, the ceremony reflected the rigorous, difficult environment in which the squadron members operate every day, she added.

The ceremony began, as usual, with a welcome to special guests and friends of the official party. It was then that the narrator was interrupted by a messenger.

"Ladies and gentlemen, it appears that members of the Sani Loyalist Front Terrorist Organization have been spotted entering the installation," said Narrator 1st Lt. Robert Prausa, upon hearing the message. "This hostile group has often been seen conducting operations against forces participating in the Air Force Chief of Staff's Eagle Flag exercise. Please be vigilant for anything suspicious."

Continuing with the ceremony, the narrator finished welcoming special guests.

A round of simulated gun fire sounded off, followed by two Humvees with the official party "captured" inside. Once in stage, the terrorist group surrounded the official party and yelled, "You are all now captives of the Sani Loyalist Front."

After negotiation from the narrator, the ceremony resumed.

The official party consisted of the Commandant of the Air Force Expeditionary Operations School, Col. Shelly



Photo by Kenn Mann

A staged "terrorist" holds the official party captive during the 421st Combat Training Squadron's Change of Command ceremony July 7. Lt. Col. Lisa Richter is the newly appointed commander, and first female commander of the squadron.

Christian, outgoing 421st CTS commander, Lt. Col. John Denn, and incoming 421st CTS commander, Colonel Richter.

After Colonel Richter was introduced as the new commander, another set of audio explosions and gun fire sounded off, and the terrorist group loaded the official party into a Humvee. As they drove away the Air Force song played in the background.

"Commandant Shelly Christian, who thought up the idea to have a combat ceremony, wanted to show how the 421st puts the combat in combat training," said Colonel Richter. "It was a great introduction to the troops I now lead; I can see that their dedication to excellence and attention to detail knows no bounds."

"The 421st is innovative and diverse, and we are setting the tone for where the Air Force is headed — expeditionary."

Judge Advocate releases June justice files

During June there was one court-martial, four non-judicial punishment actions, one vacation action (revoked suspension of a previous punishment) and two administrative discharges.

Court-Martial

A senior airman was tried by a special court-martial and found guilty of using marijuana. The military judge sentenced the senior airman to 45 days confinement, forfeiture of \$400 pay per month for two months, and reduction to the grade of airman basic.

Articles 15

A lieutenant colonel received forfeiture of \$3,498 pay per month for two months and a reprimand for engaging in an inappropriate sexual relationship.

A senior airman received a reduction to the grade of airman first class, a suspended forfeiture of \$773 pay per month for two months, 30 days extra duty, and a reprimand for failure to go and underage drinking.

An airman first class received a reduction to the grade of airman, a suspended reduction to the grade of airman basic, and a reprimand for disrespecting a NCO, failure to obey lawful orders on three occasions, and making a false official statement.

An airman received a forfeiture of \$100 pay per month for two months, 15 days extra duty, suspended 15 days extra duty, and a reprimand for failure to go and unauthorized use of

Government Travel Card.

Vacation Action

A staff sergeant was reduced to the grade of senior airman based on a vacation action for failure to go, after violating a previously suspended Article 15 that was also for failure to go.

Administrative Discharges

A senior airman was discharged with an honorable characterization for two time Career Development Course failure.

An airman first class was discharged with a general characterization for misconduct: minor disciplinary infractions.

— Courtesy of the 305th Air Mobility Wing Judge Advocate

McGuire pilot to attend Phoenix Horizon

**By Airman 1st Class
Rachel Martinez
Public Affairs Specialist**

A pilot here was recently selected for an Air Mobility Command professional development program.

Capt. Peter Braxton, 2nd Air Refueling Squadron, was selected for AMC's Phoenix Hawk program for 2006.

Captain Braxton, an Air Force Academy graduate, just finished serving a year as the 305th Operations Group executive office and was recently upgraded to an instructor pilot on the KC-10. While away at Squadron Office School he received a call from his commander telling him about the Phoenix Hawk program.

"I applied and was selected," he said. "You're always humble every time you are selected for one of these programs. For me, serving is a privilege, and to be given an opportunity shouldn't be taken for granted. I feel like I am obligated to take these opportunities to prove my potential and serve effectively."

Phoenix Hawk is a two-year intern program for the Air Force's top junior officers. The first year of the program, participants are assigned to the Tanker Airlift Control Center where they learn more about global mobility operations. The second year of the program is spent at an AMC staff agency where they learn effective staff skills.

"The program gives a more broadening view in knowing how global mobility decisions are made,"

said Captain Braxton. "We have the opportunity to pick the brains of leadership. Decisions require a lot of information from a lot of organizations. Being able to see that and communicate that effectively is exciting for me.

A board is held once a year during which the top one percent of captains in the command are chosen for the program, according to Lt. Col. Kevin Lamberth, 2nd ARS commander and former Phoenix Hawk participant.

"Pete has demonstrated through his interpersonal, staff and flying skills that he is in the top one percent," said Colonel Lamberth. "He will do a magnificent job. His selection goes to prove the quality individual and officer he is. With that comes high expectations, but he is ready for the challenge."

While in the program, Captain Braxton can expect to get a lot of mentoring from AMC and Air Force senior leaders while being exposed to their views, according to Colonel Lamberth.

"The mentoring I brought out of the program was the most enlightening aspect," explained Colonel Lamberth.

When his internship in Phoenix Hawk is finished, Captain Braxton said he will crossflow to an airlift aircraft, to include the C-17, C-130 or C-5, where he will learn more about mobility operations from the airlift side.

"I'm ready to move onto the next phase of my life and career," he said. "I'm not going to just observe. I think I'll have the opportunity to contribute to how global mobility operations are executed."

News Briefs

Medical in-processing

As part of newcomers' in-processing, the 305th Medical Group Ambulatory Health Care Center now presents a separate medical in-processing mass briefing the second and fourth Wednesday of every month from 8 to 11 a.m. in the Edwards Resource Center, on the second floor of the clinic, located at 3458 Neely Road. This is a mandatory formation for all active-duty personnel. A TriCare representative will schedule these briefings during members' initial base in-processing briefing. Spouses can call 754-9088 to sign up.

AFSA Meeting

An Air Force Sergeants Association Chapter 211 monthly meeting is scheduled for 4:30 p.m. July 28 in the McGuire Enlisted Club.

Tuskegee convention

The 2005 Tuskegee Airmen Convention is scheduled for Aug. 15 through 20 in Orlando, Fla. Detailed convention information is available at www.taiconvention.com

At the Movies

Today

Russell Crowe and Renee Zellweger star in "Cinderella Man." In the middle of the Great Depression, there came along a most unlikely hero, James Braddock, a.k.a the "Cinderella Man," who had crowds cheering on their feet as he proved just how hard a man would fight to win a second chance for his family and himself. During the match of Braddock's life, he faces off against world heavyweight champ, Max Baer, a fighter with a punch so lethal he has already killed two men in the ring. Some say Braddock will never even survive the match. Show time is 7:30 p.m. *Rated PG-13.*

Saturday

An animated cast stars in "Madagascar." Four residents of the New York's Central Park Zoo: Alex the lion, Marty the zebra, Melman the giraffe and Gloria the hippo have spent their whole lives living there happily. Marty falls in with a crowd of devious penguins, who bring him along in their escape attempt. When Alex realizes his friend is missing, he leads a company of critters on a search that takes them all outside the zoo for the first time. Before they know it, they're captured and put on a ship to Africa. An accident at sea strands them in Madagascar. Having had humans take care of them their entire life, they know nothing of surviving in the world. Show time is 7:30 p.m. *Rated PG.*

July 22

"The Honeyymooners" *Rated PG-13.*

July 23

"The Adventures of Sharkboy and Lava Girl" *Rated PG.*

Ticket prices:

Adults \$3.50, children \$1.75.



Photo by Sarah Webster

Getting crafty—

Left, Jim Janisma, School Age Services group instructor, helps Sierra Grmek, 8, Team McGuire member with her clay project during the Fort Dix Arts and Craft Center children's summer program. The program is available for working parents during the summer and provides children with various arts and craft activities. Classes are open to all active-duty, retired military, DoD and contract civilians, and their family members and accompanied guests over 12 years of age. To register children for craft classes, parents should call, 562-4702. For more information on other arts and craft classes at the center, call 562-5691.

Christmas in July

Team McGuire members can get a head start on their Christmas crafting. During July, the Arts and Crafts Center will offer special pricing in the contemporary ceramic and mosaic studios.

Adult craft classes

Classes are scheduled from 6 to 8:30 p.m. The cost is \$5 plus materials.

- Tuesday — Art accent bead projects
- July 26 — Mosaics

Lunch craft classes

Classes are scheduled from 11:45 a.m. to 12:30 p.m. Fridays.

- Today — Cards with ribbons

Prince, princess party

Children can come dressed as a prince or a princess during the art center's prince and princess party scheduled from 2 to 4 p.m. Saturday at the center. Children will be able to participate in various crafts during the party.

Children craft classes

Children's craft classes are scheduled from 2:30 to 4 p.m. Saturdays for children ages 6 to 12. Cost is \$5 registration fee plus materials.

- July 23 — Create-a-critter

Summer art camp

The second session of the youth art camp for children 6 to 12 years old is scheduled from 12:30 to 2:30pm Wednesday. The camp includes projects in clay, ceramic painting, mosaics, paper, fabric, jewelry and more. Family discounts and multiple-session discounts are available. \$40 registration fee includes materials. Session 2: July 20, 21, 27, 28
Session 3: Aug. 2, 3, 4, 5
Session 4: Aug. 23, 24, 25, 26

Rubber stamping

Class is scheduled from 6:30 to 8:30 p.m. Tuesdays. All levels are welcome.

Career and Education

BCC

Burlington County College is accepting registration for the Fall I and II Terms. Term dates are Aug. 31 to Oct. 24. To register or for more information, visit Building 1911, Room 209, call 754-2577 or e-mail Teresa Burke at tburke@bcc.edu

● **Lunchtime courses are scheduled from 11 a.m. to 1 p.m. Tuesdays, Wednesdays and Thursdays:**

ART 101, Introduction to Art;
ENG 102, College Composition II;
POL 103, Comparative Government and Politics

● **The following are new courses offered by the college. For specific class days and times contact the BCC office:**

CRJ 103, Introduction to Correctional Systems;
SOC 209, Introduction to Women's Studies

Tuition assistance

On-line tuition assistance can be found at <https://private.mcguire.amc.af.mil/intraiinfo/McGuireAll/2005/June/16Jun2005/OnlineTArules.doc>

Retirements

● **Master Sgt. David Pelton**, 305th AMW Safety Office, retires during a ceremony at 3 p.m. today in the 32nd Air Refueling Squadron auditorium. For more information, call Tech. Sgt. Pete Moreau at 754-2720 or Tech. Sgt. Bret Parlante at 754-3769.

● **Master Sgt. Patrick Greenert**, 819th Global Support Squadron retires during a ceremony at 2 p.m. Monday in the Global Reach Deployment Center Warehouse, Building 3403. For more information, call Master Sgt. Caroline Savage at 754-8034.

● **Tech. Sgt. Preston Lassic Jr.**, 819th Global Support Squadron, retires during a ceremony at 10:15 a.m.

July 29 at the Fireside Lounge. A walk through luncheon will follow the ceremony. For more information, call Tech. Sgt. Tracy Jones 754-3970.

Arts and Crafts

The Fort Dix Arts and Crafts Center is located in Building 6039 on Fort Dix. The center is open from noon to 5 p.m. and 6 to 8:45 p.m. Tuesdays through Thursdays, 11 a.m. to 4:45 p.m. Fridays and 9 a.m. to 4:45 p.m. Saturdays. The center offers a variety of arts and crafts for people of all ages and skill levels. Below is a list of some classes. For more information or a complete list, call 562-5691.

Quilts for kids

Quilts for kids is scheduled from 11 a.m. to 3 p.m. the first Saturday of each month. No experience is necessary.

Beginners crocheting

Beginners crocheting technique class is scheduled from 6 to 9 p.m. Tuesday.

Krafty birthday parties

Parties include up to two hours of party room use, one kraft project with instruction and all materials, plus a digitally mastered photo T-shirt for the birthday child. A personal choice of crafts range from ceramic painting, create-a-critter stuffed animals, jewelry and a variety of other popular crafts.

Framing classes

Framing qualification class is scheduled from 9 to 11:30 a.m. Saturdays. Participants must pre-register. Cost is \$10 plus materials purchased the day of class. They should also bring a piece of 8 x 10-inch wood to work on in the class.

Woodshop

Woodshop is scheduled from 10 a.m. to 5 p.m. Sundays and 6 to 9:30 p.m. Mondays to Wednesdays in Building 6509. For more information, call 562-4854.

Misc.**Right decision briefing**

First- and second-term Airman with less than 15 months until their separation date should contact the Career Assistance Advisor, Senior Master Sgt. Gerald Alexander at 754-4636 or send an e-mail to career.advisor@mcguire.af.mil to schedule their mandatory briefing. The four-hour briefing focuses on on available career options. Class dates are Aug. 1 and 29, Oct. 3, Nov. 7 and Dec. 15.

Airmen's Attic

The Airmen's Attic, located at 3446 Broidy Av., is open 10 a.m. to 2 p.m. Mondays, Wednesdays and Fridays. Children's clothing sizes infant to 6x, seasonal items, furniture, appliances and more are available to service members E-4 and below, and

their spouses. For more information, call 754-8703.

Enlisted spouses club

The McGuire Enlisted Spouses Club is scheduled to meet at 7 p.m. July 27 in the enlisted club. The club will also hold a social trip to Atlantic City July 30. For more information, call Nicole Seiler at 723-2445.

McGuire 56

To get involved or for more information about McGuire 56, call Tech. Sgt. Jennifer Best at 754-4704 or Staff Sgt. Josh Copeland at 754-3239.

Brick program

Team McGuire members can purchase commemorative bricks in honor of their retirement or someone else's from the McGuire Top 3 Association Commemorative Brick Program. Each brick is adorned by a bronze plaque containing personalized information about the retiree and will be placed next to the sidewalk from the Family Support Center to the base flag pole. Members also receive a certificate of commemoration. The bricks cost \$35 each. For more information, contact any member of the McGuire Top 3 or Master Sgt. Lee Slater at 754-8181 or at lee.slater02@mcguire.af.mil or Master Sgt. Al Ortiz at 754-8035 or albert.ortiz@mcguire.af.mil.

Self Improvement**Car Care Class**

A "Car Care Class" is scheduled from 11 a.m. to noon July 23 at the FSC. A 305th Services Auto Skills Center technician provides instructions for preventive automobile maintenance, vehicle safety checks and more. Participants may choose to receive a personal "tour" of their vehicle that includes identifying key preventive checkpoints and a booklet that describes how to

change a tire, check and adjust tire pressure, how and when to check oil, brake, transmission, anti-freeze, and wiper fluid levels and more. Class size is limited and reservations are required. To register, call 754-3154.

Resume workshop

A resume workshop is scheduled for 10 a.m. to 2 p.m. Wednesday. For more information, call 754-3154.

Anger Management

Family Advocacy offers a three-part anger management series at the HAWC from 8 to 10 a.m. the first three Fridays of each month. For more information, call 754-9680.

Kids and Teens**Club Beyond**

Club Beyond is a high school club for senior and junior high teenagers. The club meets as a group to play games and do group activities, as well as perform skits. The club is similar to Young Life meetings. The club is scheduled to go to Wildwood July 21 through 23 for a three-day sleep on the beach trip. The year will consist of monthly events, camps, fundraisers and service projects. For more information, contact Scott Schesser at 754-5904 or club@dandy.net.

Midnight basketball

Youth center midnight basketball is scheduled from 10 p.m. to midnight Fridays. There is no cost to play. For more information, call 754-KIDS.

Dance class

Tap, jazz, ballet and acrobatics classes are available for children of various ages at the youth center. Classes are 10 a.m. for 4- to 5-year-olds, 11 a.m. for 3- to 4-year-olds and 5:30 p.m. for 6- to 8-year-olds. Cost is \$30 per

month. For more information, call 754-KIDS.

Family**Early pregnancy class**

A variety of topics are presented and discussed to help prepare parents for what to expect throughout pregnancy. Guest speakers include experts from: pediatrics, physical therapy, dental, TriCare, public health, nutrition and family advocacy, scheduled from 9 to 11:30 a.m. the second Monday of each month. For more information or to register, call 754-9680.

Hearts Apart

● The FSC will host a Hearts Apart support group breakfast buffet 9 to 10 a.m. July 16 in the Chapel I annex for family members affected by deployment, remote, or extended temporary duty assignments of the military member. Reservations are required. ● The FSC is scheduled to host a Hearts Apart pool party from noon to 2:45 p.m. Saturday at the Fort Dix indoor/outdoor pool for family members affected by deployment, remote, or extended TDY of the military member. Reservations are required. For more information, call 754-3154.

Fathers-to-be

This class is designed to prepare fathers-to-be for their role as a new daddy. The class is taught by dads, for dads, and is scheduled for 5 to 6:30 p.m. the third Thursday of every month. For more information or to register, call 754-9680.

Marriage with babies

This class is for new and expectant parents to learn how a new baby impacts their marital relationship. Class is offered quarterly from 6:30 to 8:30 p.m. the first Friday of each month at CDC I. For more information or to register, call 754-9680.

Spiritual

For more information about spiritual services, call 754-HOPE.

Catholic services

Mass is scheduled for 11:35 a.m. Mondays through Thursdays, 5 p.m. Saturdays and 9 a.m. Sundays at Chapel I.

Islamic community

Zhur prayer service is scheduled for noon Mondays through Fridays at the Fort Dix Chapel.

Jewish community

Jewish community Sabbath worship is scheduled for 6:30 p.m. the first and third Fridays of each month at the Fort Dix Chapel.

Protestant services

A Traditional service is scheduled for 8 a.m. Sundays at Chapel II.

A Gospel service is scheduled for 11 a.m. Sundays at Chapel I.

The Evangelical service is scheduled for 11 a.m. at Chapel II.

Wiccan

A study group is scheduled to meet at 6:30 p.m. the first Tuesday each month in the Chapel II conference room.

Reformation group

A men's Reformation study group is 11:45 a.m. Fridays at the officers' club.

Kids Music Kamp

Kids Music Kamp for children in kindergarten through grade six is scheduled from 5:30 to 7:30 p.m. Aug. 15 to 19 at Chapel II.

Women of the chapel

Catholic Women of the Chapel meeting is scheduled for 7 p.m. July 17 in the Chapel 1 annex. People are encouraged to attend the fellowship and discussion of upcoming events. For more information, call 723-3679.

In the Spotlight

Rank/Name: Staff Sgt.
Charles Andrews

Age: 27

Hometown: Boothwyn, PA

Duty Title/Unit:
305th Operations Support
Squadron NCO in charge,
Airfield Services (weather)

Time in the Air Force:
Seven years

Time at McGuire:
Seven months

What I Like Most About Being Stationed At McGuire:
Having more of a say in day-to-day operations

Military Member Who's Influenced My Career Most Is: Tech. Sgt. Ronald Webb, my first supervisor

Proudest Military Moment Is When: I'm recognized for a job well done

Five Years From Now I'll: Still be in the Air Force

Dream Job: Anything with computers, Web-hosting provider

I Like to Pig Out on: Beef jerky

Hobbies: Playing with my kids, computers

Motto: Will do!

Supervisors Comments: Chuck not only "will do", usually he already "did do." He's the staff sergeant I always wanted to be. He brings an amazing amount of knowledge and energy to work every day. He's a true warrior because he'll outsmart and outwork you.



**Staff Sgt.
Charles Andrews**

— **Tech. Sgt. Joseph LoCasto**
305th OSS

Halvorsen Dining Hall Menu

Today Lunch

Sauerbraten
Jaegerschnitzel
Grilled bratwurst
Dinner
Seafood
Newburg*
Beef & Corn Pie
Roast Turkey

Saturday Lunch

Baked Fish*
Hungarian
Goulash
BBQ Chicken
Dinner
Baked Chicken*
Swed.. Meatballs
Creole Shrimp

Sunday Lunch

Stir Fry Beef w/
Broccoli*
Turkey Nuggets
Steak, Loin Strip
Dinner
Oven Fried Fish*
Spareribs
Grilled Chicken*

Monday Lunch

Ground Beef
Cordon Bleu
Beef, Cannelloni
Fried Chicken
Dinner
Pot Roast
Baked Stuff Fish*
Roast Pork Loin

Tuesday Lunch

Chicken
Parmesan
Meat Loaf
Curry Turkey
Dinner
Teriyaki Chicken*
Veal Parmesan
Salmon Cakes

Wednesday Lunch

Lem-Herb Chick*
BBQ Spareribs
Stuffed Pork
Chops
Dinner
BBQ Ham Steak
Turkey & Noodles
Beef Stroganoff

Thursday Lunch

Roast Pork Loin*
Jaeger W/Mush
Sauce
Cornish Hen
Dinner
Baked Chicken*
Stuffed Cabbage
Fried Catfish

Menu items are subject to change due to availability. For more information, call 754-1418.

* Denotes a
Healthy Heart
Menu item

Visit us on the web for the full 28 day menu
www.305services.com



Can Do Crew

The Can Do Crew recognizes **Senior Airman Thomas Harston** from the 305th Medical Group Flight Medicine section. Before his recent move to Flight Medicine, Airman Harston worked at Ambulance Services where he often went above the call of duty, working wherever and whenever needed. He responded to a recent 911 call from the federal prison on Ft Dix. A patient had to be rushed to the hospital with seven stab wounds and a punctured lung. Airman Harston jumped

into action, provided care for the patient and worked side-by-side with New Jersey Paramedics until the patient was transferred to a higher level of care. Additionally, Airman Harston served as a physical training leader for his squadron, coming to work on his off-duty time on several occasions to assist with PT tests. Be aware that the "Can Do Crew" is everywhere, looking for outstanding service — seeking members of Team McGuire who make a difference.

What's My Line?

The rules

1. Write a humorous or imaginative caption or cutline.
2. All entries must be submitted by noon Monday. Forward e-mail to airtides@mcguire.af.mil or drop off entries at the 305th Air Mobility Wing public affairs office.
3. Entries are limited to two per person.
4. The person with the funniest or most imaginative caption or cutline gets a 305th Services Squadron Gold Card, which includes a variety of freebies, such as a lunch at Pudgy's and a free round of golf.
5. Prizes are provided by the 305th Services Squadron. Winners can pick up their prize at the 305th Services Marketing Office, Building 290, at Pudgy Circle.



Winner: "Watch, I learned this on CSI last night."

— **Nicholas Marsh**
305th Aerial Port Squadron

Runner up: "It's OK everyone, I found my cell phone."

— **Airman 1st Class Jason Wolfe**
605th Aircraft Maintenance Squadron



Write a caption or cutline for this photo. The writer whose caption or cutline is the funniest or most imaginative will be printed in the following week's issue. The winner receives a 305th Services Squadron Gold Card.

McGuire teen follows parents' running trails

**By Senior Airman
Ashley DiFalco**
Public Affairs Specialist

A local high school student is following in her parents footsteps — their running footsteps.

Tabby Haskins, the 2005 Burlington County Times girls track Athlete of the Year, will be running track

in college, just like her mother, Christie Dickinson, from the Air Mobility Warfare Center, and father.

While her parents both ran for Rancho Santiago Community College in Santa Ana, Calif., Haskins will be staying local and attending Rider University.

"I'm looking forward to a completely new experience," said Haskins. She added that she is excited about "getting to know the new team and making a lot of new friends."

Haskins has been running since she was 4 years old and started competing upon entering junior high school. This year she placed third in the New Jersey Meet

of Champions, and that's just the beginning of her accomplishments. She's a quadruple winner at the Burlington County Open, a triple-winner at the South Jersey Group 4 sectionals, and a victor at the Group 4 state championships.

Her mom's proudest parenting moment came at this year's Ike Willis Relays held at Rowan University. "I

loved watching her win the pentathlon," said Dickinson.

"The competition consisted of five events; the 800 meters, 100 meters, high jump, long jump and shot-put. It was only her second time compet-

ing in those relays."

Coincidentally, Haskins said the worst part about track is the running.

"It's why I stick to all the field events and hurdles," she said. "I always have something other to do then just running — like throwing shot-put, disc, javelin, or jumping, long-jumping, triple jump, or hurdling. All the events I do require more than just running my fastest, they also require technique.

I enjoy learning the different techniques."

Even though her specialty isn't swiftness of speed, she is spending her summer running.

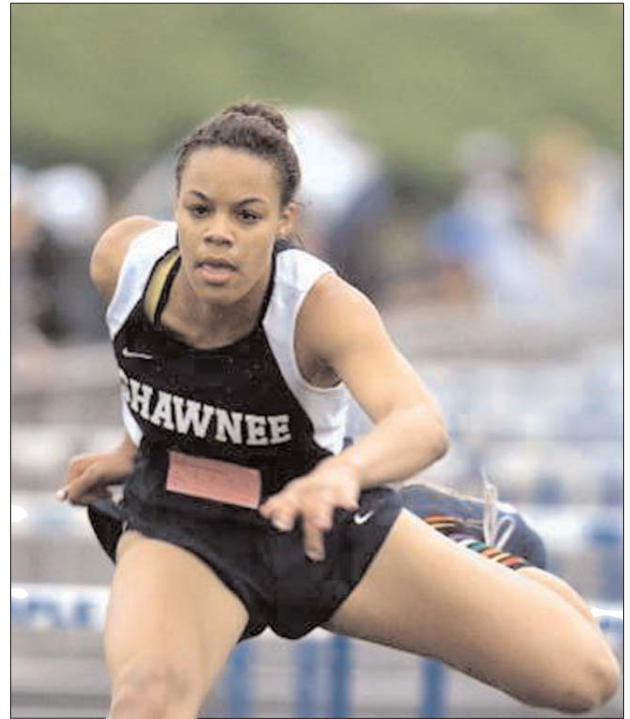
"If you ask my mom, she'd say I don't run enough, which is probably true," said Haskins. "However, I've been doing my summer training for Rider, which is pretty much running every day except Sunday. It's brutal, but I do it."

After looking through a long list of possibilities, Haskins chose to attend Rider University because of the camaraderie the team showed her.

"I narrowed my choices down to Lafayette and Rider," she said. "After visiting Rider I liked how team orientated everyone was. They all worked hard, helped each other out and seemed to know everyone on the team."

Hard work is exactly what got her this far.

"Tabatha is one of those athletes you dream about," coach Scott Cliff said. "Her



Courtesy Photo
Tabby Haskins, daughter of Christie Dickinson, Air Mobility Warfare Center, jumps hurdles while racing for Shawnee High School track and field team. Haskins will go on to race for Rider University next year.

senior year was one that made her the cornerstone of the girls track team. She could always be counted on for 16 to 20 points in the duel meets and could help generate 40 points in the big relay meets. She helped

Shawnee (high school) come from being an inexperienced team to one that showed potential."

Haskins future looks bright, and her parents will be proud to watch her compete at the college level — just like their parents were proud of them.

Common sense tips to safely enjoy hot, summer weather:

- Apply sunscreen when getting ready to leave the house.
- Keep hydrated: that means drink at least 10 eight-ounce glasses of water a day.
- Ease into exercise or play. It takes a human 10 to 12 days to acclimate.
- Work out/play/swim outdoors between the hours of 7 and 11 a.m.

- Maintain a good level of fitness throughout the week. Weekend warriors are prone to injury — you know who you are.
- Take an indoor class or use the indoor equipment at the fitness center.
- Swim at the indoor pool.

— Courtesy of the
McGuire Health and Wellness Center

McGuire Officers' Spouses' Club

Golf Tournament

Noon July 25 at
Falcon Creek Golf Course
The cost of the event is \$35.
To register, call Marlene at
723-2070.

